

## ABSTRACT OF THE DISCLOSURE

Sub  
H2

The image heating apparatus for heating an image formed on a recording material has a heater, a film moving in contact with the heater, and a back-up  
5 roller for defining a nip with the heater via the film. In the image heating apparatus, the heater includes a metallic substrate, and the metallic substrate has a convex surface on a side of the nip and a concave surface on an opposite surface.